


Shoreline



City of Seal Beach Classes and Activities • Fall 2011



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City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Sean Crumby
City Clerk	Linda Devine
Interim Chief of Police	Robert Luman
Director of Development Services	Mark Persico
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Comm. Services Supervisor	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306

RECREATION COMMISSIONERS

District 1	Marc Loopesko
District 2	Vacant
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Redevelopment Agency
Follows Council Meeting when necessary

Planning Commission
7:30pm; 1st & 3rd Wed per month

Environmental Quality Control Board
6:30pm; Last Wednesday/month

Recreation Commission
6:00pm; 4th Wednesday/month
January, February, March, April, May, June, September, October, November

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HOLIDAY CLOSURES

Labor Day – September 5

Columbus Day – October 10

Veteran's Day – November 11

Thanksgiving – November 24 & 25



City News

City of Seal Beach



Fall 2011



City Manager
Jill R. Ingram

A Message from the City Manager's Office

I am pleased to report that the City of Seal Beach is moving forward in many positive directions, and I would like to highlight some recent accomplishments, with more ahead in our near future. First and foremost, the City Council recently adopted a one-year, balanced budget for Fiscal Year 2011-12. As a result of the staggering economic times that communities throughout the State continue to face, one effective strategy that the City implemented during this budget cycle process was tapping community members for their input given that decisions made today can help position the City for future savings and continued long-term fiscal health. Although the adopted operating budget was reduced by four percent, with three full-time staff positions being eliminated, the City will continue to operate efficiently with already reduced staffing levels in order to be responsive to residents during a weak economy without the reduction or deletion of programs or services. In that regard, I commend the City Council and staff for their diligent efforts in developing an inclusive and collaborative annual budget that continues to meet the needs of our community.

After an extensive, six month search, I am extremely honored and privileged that the

City Council appointed me as City Manager effective July 1st. I would very much like to thank the City Council for the significant amount of confidence they have in me to provide leadership to the City, staff, and the community. I look forward to continuing to serve the City Council and the community with a responsive, dedicated professional staff that continually looks for ways to meet the changing needs of the community, while supporting the City Council in leading our community and addressing the opportunities and challenges that lie ahead in Seal Beach over the next few years.

Additionally, I am pleased to announce the recent appointment of Robert Luman, effective July 1st, to serve as Interim Police Chief over the next several months following the retirement of former Chief Jeff Kirkpatrick. Chief Luman brings to Seal Beach a distinguished law enforcement career that spans four decades with several years of experience in a command role, serving the cities of Long Beach, Redondo Beach, Riverside, and Newport Beach, which will be invaluable to the City in providing leadership until a permanent Police Chief is selected.

Over the past several months, the City has moved forward with several projects, including the demolition of the Arco Station on PCH and 5th Street, completion of the Electric Avenue Storm Drain project, opening of a newly-constructed domestic water well on Lampson Avenue, and the installation of the first two electric vehicle charging stations in the 8th Street beach parking lot. We are

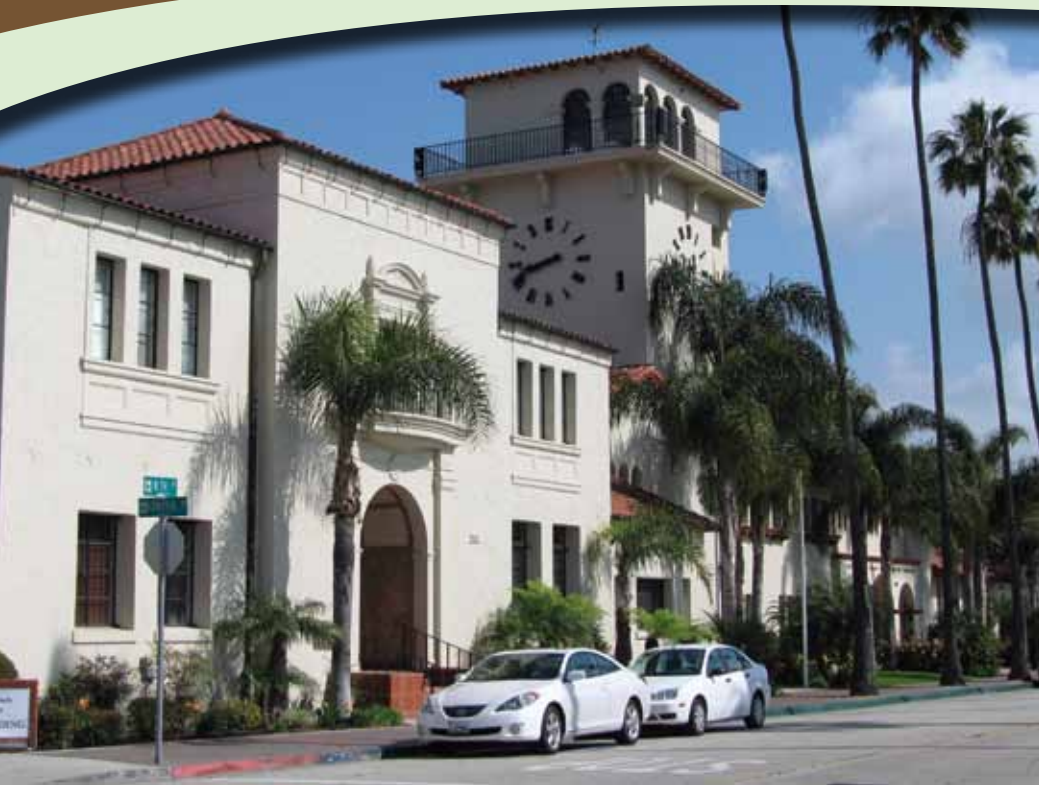
extremely proud to be recognized as Orange County's first city to install electric vehicle charging stations at the beach. A third charging station will be installed in the heart of our City's Downtown Main Street. These three charging stations are strategically located for the benefit of residents and visitors, which supports "shop local" and investing in our community.

Finally, I am pleased to briefly highlight a few significant ongoing projects and programs which will be underway this Fall, including the development and implementation of City Council goals and strategies to lay a foundation and help lead our community over the next few years, progress towards the preparation of a Local Coastal Plan, construction of medians and the paving of Seal Beach Boulevard between PCH and Bolsa Avenue, construction of new medians on Lampson Avenue, and the implementation of the next phase of storm drain improvements. Additionally, your continued patience with ongoing traffic impacts during the West County Connectors construction project is greatly appreciated.

As you can see, we have accomplished much, and yet there's still lots of work to be done. I am committed to working together with the City Council, staff, businesses, and the community to improve the quality of the services our City provides.

Sincerely,

*Jill R. Ingram
City Manager*



City Budgeting 101:

*How Do Cities Get Money &
How Are They Allowed To Spend It?*



Budgeting for cities is complicated with numerous accounts and funding sources. There is a lot of confusion and misinformation about how cities like Seal Beach get their money and how they are allowed to spend the funds they receive. The following is meant to give insight as to the way the City of Seal Beach gets and spends its money.

WHERE DOES THE CITY GET ITS MONEY?

The City of Seal Beach gets income from a number of sources. Some of those sources go into what is called the General Fund, which the City then uses to finance programs and services. There is a great amount of flexibility in how the City can spend money from its General Fund. Most City services and City employees are funded through the General Fund portion of the budget.

Some funding comes from the State, County, Federal, and other government agencies. They are what are called restricted funds and the City must use these funds for only the specific purposes as outlined by the agency granting the funds.

Seal Beach receives 71% of its General Fund revenues from tax categories such as sales tax, property tax and the transient occupancy tax. The remaining 29 % of General Fund revenues come from service charges, licenses and permit fees, and other areas. Together these categories go into the General Fund that is used for such things as Public Safety, Community Services, and Public Works.

When the economy is in a recession or when property tax values decrease, the amount of money that goes into the General Fund decreases. The State of California's fiscal crisis has had a profound impact on the City of Seal Beach's finances and has forced the City to take action to ensure its fiscal strength.



The City of Seal Beach would like to commend the Run Seal Beach Committee for their efforts in donating \$125,400 back to the community in support of recreations programs.

HOW DOES THE CITY OF SEAL BEACH SPEND ITS MONEY FROM THE GENERAL FUND?

The largest expenditure category from the General Fund is Public Safety, including Law Enforcement and Fire Protection Services representing 45% of General Fund expenditures. Public Works represents the second largest at 12% of General Fund expenditures. The remaining expenditures consist of General Administration, Liability/Risk Management, and Community Services.

WHAT ARE THESE RESTRICTED FUNDS?

Restricted funds are funding sources that can only be spent for specific City services. How the City can use these funds is restricted by law. They must be used for their designated purpose and fund both capital projects and operational costs.

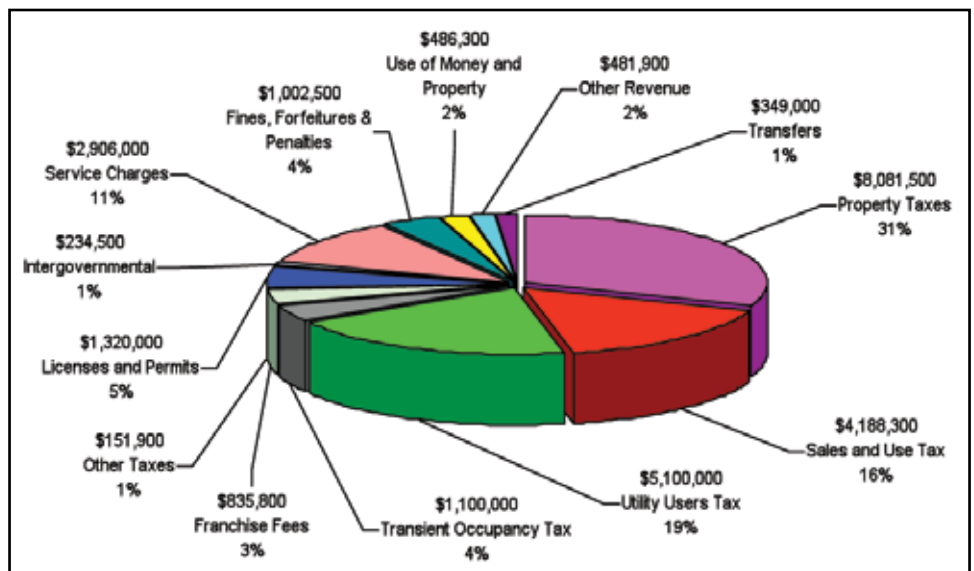
Revenue sources for these may be derived from user fees, impact fees, funding received from County, State, Federal programs, and even from specific grants, which sometimes become available. These funds are closely tracked according to the restricted purposes for which spending may occur.

WHAT CAN RESIDENTS DO TO HELP THE GENERAL FUND?

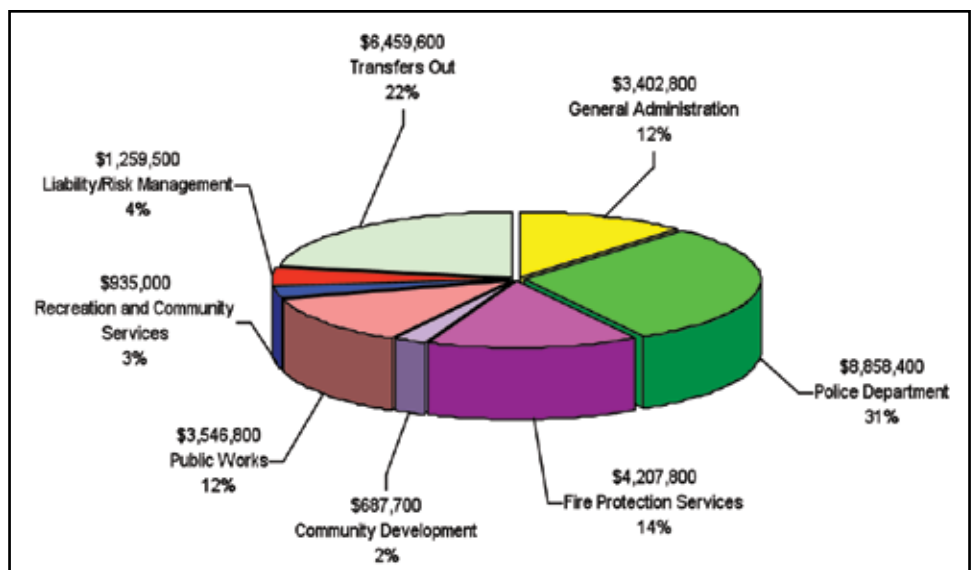
The best thing residents can do to help the City of Seal Beach's General Fund is to simply shop local in the City of Seal Beach. When residents shop in Seal Beach it helps the local business and the sales tax dollars stay in Seal Beach and go into the General Fund. It is the General Fund that helps pay for the quality of life programs and events that we all enjoy. Now more than ever it is important to remember that when you do you're shopping, shop in Seal Beach!

Summary of Revenue and Expenditures General Fund

Fiscal Year 2011 Projected Revenues – \$26,237,700



Fiscal Year 2011 Projected Expenditures – \$29,357,600



Electric Avenue Storm Drain

On July 11, 2011 City Council meeting, City Council accepted the completion of the Electric Avenue Storm Drain project. This project constructed a 66" diameter pipe in Electric Avenue from Seal Beach Blvd to 14th Street. Parking has now been restored. The City would like to thank all the residents for their patience and support of the project.



Seal Beach Selects Interim Chief of Police

City Manager, Jill Ingram, is very pleased to announce the selection of Robert M. Luman for the position of Interim Chief of Police, following the recent retirement of Chief Jeff Kirkpatrick. "The City undoubtedly will benefit from Chief Luman's distinguished law enforcement career that spans four decades and his many years of experience in a leadership role," stated Ingram.

Chief Luman possesses a Master's Degree in Public Administration from the University of Southern California. He is a graduate of the FBI National Executive Institute, the FBI National Academy and the California State Commission on Police Officer Standards and Training Executive Management Course. In 1992, Chief Luman received the Law Enforcement Professional Achievement Award from the California Peace Officers' Association. Chief Luman is a member of the following associations: Life Member, International Association of Chiefs of Police; California Police Chiefs' Association and the California Police Officers' Association.

Chief Luman was also a member of the Adjunct Faculty at Los Angeles Harbor College instructing in the Social and Behavioral Sciences Department. He has also worked as a private consultant for a number of public agencies providing services on public safety-related matters.

Chief Luman stated that "the Seal Beach Police Department is an outstanding organization. He is looking forward to working with the men and women of the Department, as well as the members of the City Management Team."

Electric Vehicle Charging Station Ribbon Cutting in the 8th Street Beach Parking Lot

A ribbon cutting event was held in the 8th Street Parking Lot on July 11th at 5:00 pm. The charging stations were recently installed and are now operating! The Mayor spoke and received two Certificates of Recognition from the State Senate's Office Tom Harman and State Assembly's Office Jim Silva. The City is proud to be on the forefront of going green and sustainable environment.



Class registration begins August 15

Don't forget to register early to avoid class cancellations.

*Registration will no longer be accepted on-site. See **Page 22** for registration information.*

■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Barbie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527, Ext. 1307
Ext. 1307	— Adult Sports, General Information & Classes
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals and Community Gardens
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons and Gym Reservations



City of Seal Beach- Community Services



SealBeachRec



August

Seal Beach Chamber presents Summer Concert Series 2011

6-8 p.m. • Eisenhower Park

If you haven't done so already come enjoy the last few bands of the Summer Concert Series, presented by the Seal Beach Chamber of Commerce. The Chamber, along with individual band sponsors have made these events free to the public. The concerts will run until August 31, 2011 from 6 to 8 pm at Eisenhower Park by the Seal Beach Pier.

Wednesday, August 10, 2011 Concert #6
Robby Armstrong

Wednesday, August 17, 2011 Concert #7
Eddie Montana

Wednesday, August 24, 2011 Concert #8
Elm Street Band

Wednesday, August 31, 2011 Concert #9
L.A.vation- A Tribute to U2

September 10 & 11

Seal Beach Arts & Crafts Faire

9 a.m.-5 p.m. • Eisenhower Park

Located at the foot of the pier in Eisenhower Park. A variety of artwork and crafts will be available for purchase. For information call belinda at (562) 598-0116

October 9

15th Annual Japan American Kite Festival

10 a.m.-5 p.m. • Eisenhower Park

Located at the foot of the pier at Eisenhower Park. The event includes kite demonstrations, music and a raffle. Everything is free to the public. For information call (562) 596-7991.

November 26

Tree Lighting Ceremony

Come play in REAL snow! Visit www.sealbeachchamber.org for event details.

December 2

Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street

For more information call 562-799-0179

December 10

Breakfast with Santa – FREE!!!

8 a.m.-10:30 a.m. • Marina Community Center

Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair! First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Host & Leo's Lions Club. Located at 151 Marina Drive.

Ongoing

Save our Beach

3rd Saturday of each month

9 a.m.-12 p.m. • 1st Street Beach

Free Yoga from 9-10 a.m., along with a free Crochet Class from 10-11 a.m. Meet at 15 1st Street for classes. For more information call Kim Masoner at (562) 884-6764.

Ongoing

Seal Beach Historical Society – Red Car Museum

Membership: Youth \$7, Single \$15,
Family \$25, Life \$200

Exciting Opportunity! Red Car Museum members wanted! Do you love history? Do you love the Red Car Museum? Then come and be a part of the Historical Society. We are looking for enthusiast members to join our team and share our history. We also have a community meeting every other month with interesting speakers. Join us!

Baby Sign Language

Shannon Zeeman

Los Alamitos Community Center, 10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. You will learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, Mom, Dad & so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

411071-01	3 weeks	Mon	10/3-10/17	9:45-10:30am	Infant-2 yrs	\$36
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Music & Movement

Danuta Klimczak

Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. www.growingwithmusicandmovement.com No Class 11/25

411061-01	6 weeks	Fri	9/16-10/21	10-10:45am	2 yrs	\$65
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411061-02	6 weeks	Fri	9/16-10/21	11-11:45am	3-4 yrs	\$65
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411061-03	5 weeks	Fri	11/4-12/9	10-10:45am	2 yrs	\$55
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411061-04	5 weeks	Fri	11/4-12/9	11-11:45am	3-4 yrs	\$55
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Edible & Other Art

Claudia Hindu

Marina Community Center- Large Room
151 Marina Dr.



Have fun learning how to make edible art in this parent and child class. Explore how art sounds, feels, tastes, smells and looks. This is a great sensory class and a delicious treat for young ones. Parent participation required. \$10 material fee payable to instructor at first class meeting.

412030-01	5 weeks	Mon	9/26-10/24	9:30-10:30am	2-4 yrs	\$45
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412030-02	5 weeks	Mon	11/7-12/5	9:30-10:30am	2-4 yrs	\$45
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Art & Rhythmic

Claudia Hindu

Marina Community Center- Large Room
151 Marina Dr.



Great prep for preschool emphasizing development of small motor skills and creativity. Children explore music and are introduced to pasting, cutting, and painting. Parent participation and assistance required. \$10 material fee payable to instructor at first class meeting.

412031-01	5 weeks	Mon	9/26-10/24	10:30-11:30am	2.5-4 yrs	\$45
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412031-02	5 weeks	Mon	11/7-12/5	10:30-11:30am	2.5-4 yrs	\$45
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Kiddie Karate

Gary Pitts

Los Alamitos Community Center
10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meetin with the instructor can be done after class.

411050-01	4 weeks	Tue	9/20-10/11	5:30-6pm	3-5 yrs	\$30
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Hola Niños

Priscilla Monserrate-Sander

Los Alamitos Community Center, 10911 Oak Street

"Al Tambor" opens the circle where children are immersed in the Spanish language via music and movement, role play, and storytelling. Class includes a simple art project, lyrics, and resources for continuing the fun at home. Every session is a new experience! Parent participation is required. Please do not bring unregistered siblings to class. Additional parking available in Super Media parking lot (Katella & Civic Center Dr.) \$15 supply fee payable to instructor, includes music CD. Visit www.Bamboleokids.com

411072-01	6 weeks	Mon	9/12-10/17	10-10:50am	2-4 yrs	\$68
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411072-02	6 weeks	Mon	10/31-12/5	10-10:50am	2-4 yrs	\$68
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Toddler Express

Reina Rivera

Los Alamitos Community Center, 10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. Please do not bring unregistered siblings. \$5 cash supply fee payable to instructor.

411073-01	6 weeks	Wed	9/14-10/19	9:30-10:15am	1-3 yrs	\$68
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411073-02	6 weeks	Wed	10/26-11/30	9:30-10:15am	1-3 yrs	\$68
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Lil Explorers – I Spy Fall

Reina Rivera

Los Alamitos Community Center, 10911 Oak Street

Let all the Curious Georges and Georgette's come on over to explore and discover unique sensory activities! Class will enhance your child's creativity and development through fun hands-on crafts and environmental concepts. Activities include I spy story time, music, movement, and puppetry. \$10 cash supply fee payable to instructor. Parent participation is required. Please do not bring unregistered siblings.

411074-01	6 weeks	Wed	10/26-11/30	10:30-11:15am	1-3 yrs	\$68
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Children's Library Programs

at Mary Wilson Library

Juggler, David Cousin

Sunday, October 9 at 3 p.m.
Free Admission, Refreshments Served

Kids' Crafts

First Saturday of every Month
All day program

Teen Advisory Board

First Thursday of every month
at 5:30 p.m.

Fall Storytime Stay & Play

Mondays & Tuesdays • 11:15 a.m.-12 p.m.
(September 12- November 15)

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm • Thurs: 10am-6pm • Sat: 10am-5pm
Closed Friday and Sunday

For more information, call 562-431-3584

Free programs presented by the Seal Beach Friends of the Library.

BounceU – Create & Bounce

BounceU Staff

BounceU of Huntington Beach, 5445 Oceanus Dr., Suite 114 & 115

This program gives children a daily balance of playtime and artistic expression- a perfect tandem for any growing imagination. In addition to bouncing & exploring their inner artists, kids enjoy an array of games and activities. \$20 material fee payable to Bounce U at first day of camp.

413140-01	1 week	Mon-Wed	11/21-11/23	9am-2pm	4-10 yrs	\$109
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Karate Beg/Adv

Gary Pitts

Los Alamitos Community Center, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents should remain outside classroom.

422051-01	4 weeks	Tue	9/20-10/11	6:05-6:50pm	6+ yrs	\$35
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Little Yoga Monkeys

Monica Johnson

Fire Station 48, 3131 Beverly Manor Road

A uniquely designed program introducing yoga to kids in a fun way. Certified instructors weave animal named yoga postures into fun animal stories. Children use their imagination and creativity while joyfully mimicking animals, accompanied by theme and age appropriate music. Mats provided. Parent participation required for 2-3 year olds. Check us out at www.littleyogamonkeys.com

411025-01	4 weeks	Tue	9/6-9/27	3-3:30pm	2-3 yrs	\$45
411025-02	4 weeks	Tue	9/6-9/27	3:30-4pm	4-5 yrs	\$45
411025-03	4 weeks	Tue	9/6-9/27	4-4:30pm	6-7 yrs	\$45
411025-04	4 weeks	Tue	10/4-10/25	3-3:30pm	2-3 yrs	\$45
411025-05	4 weeks	Tue	10/4-10/25	3:30-4pm	4-5 yrs	\$45
411025-06	4 weeks	Tue	10/4-10/25	4-4:30pm	6-7 yrs	\$45
411025-07	4 weeks	Tue	11/1-11/22	3-3:30pm	2-3 yrs	\$45
411025-08	4 weeks	Tue	11/1-11/22	3:30-4pm	4-5 yrs	\$45
411025-09	4 weeks	Tue	11/1-11/22	4-4:30pm	6-7 yrs	\$45

Westminster ICE

Fee: \$37/ 4 weeks

13071 Springdale, Westminster

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at www.sealbeachca.gov for individual class descriptions, dates, and times. Pre-registration required through the Community Services Department for all classes.



Skateboarding & Scooting

Adam Cohen

Heartwell Park- Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All participants will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet. No Class 11/26

Skateboarding:

423150-01	5 weeks	Sat	9/17-10/15	9:30-11am	6-13 yrs	\$125
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423150-02	5 weeks	Sat	10/29-12/3	9:30-11am	6-13 yrs	\$125
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Scooting:

423150-03	5 weeks	Sat	9/17-10/15	9:30-11am	6-13 yrs	\$125
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423150-04	5 weeks	Sat	10/29-12/3	9:30-11am	6-13 yrs	\$125
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Jump Start Youth Basketball Clinic



Jerri Crosby

Marina Park Basketball Court, 151 Marina Dr.

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding. Optional \$5 t-shirt and water bottle fee payable to instructor at first class. No Class 10/31

423993-01	6 weeks	Mon	9/12-10/17	3-4:30pm	8-13 yrs	\$95
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423993-02	6 weeks	Mon	10/24-12/5	3-4:30pm	8-13 yrs	\$95
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Coed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave.

Learn to play volleyball this fall. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

433060-01	10 weeks	Sun	9/11-11/13	12-2pm	9-14 yrs	\$140
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Coed Int/Adv Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave.

Fine tune fundamental volleyball skills while learning advanced skills. Learn middle quick-attacks, blocking, rolling, and jump serving. Must have prior volleyball experience in running a 6-2 offense, use a three step approach, and be able to overhand area serve. Instructor's approval needed to participate, please email sbvbcmaria@yahoo.com or call 562-430-1092.

433061-01	5 weeks	Sun	9/11-10/9	2-4pm	12-15 yrs	\$110
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After School Sports, Activities & Homework Club

Scott Durzo & Staff

McGaugh Campus, 1698 Bolsa Ave.

McGaugh Gym, fields, and classroom (5-11 yrs)

A combination class including homework assistance and sports: basketball, soccer, baseball, flag football, hockey, lacrosse, and other fun activities! Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Other fun activities are planned and all kids will enjoy themselves and feel good about playing sports, participating in activities, and assistance with daily homework! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions: scottdurzo@mac.com. Camp is closed on: 11/11, 11/23, 11/24, 11/25

\$200/ "pay as you go" Kid Card \$15-Mon, Tues, Thurs, Fri; \$20-Wednesdays (early out) and \$25 for Minimum Days Until 4pm

427010-01 8/31-12/16	Monday-Fri day (including minimum days) After School until 4pm
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Winter Break Sport Camp

Scott Durzo & Staff

McGaugh Campus, 1698 Bolsa Ave.

McGaugh Gym, fields, and classroom (5-11 yrs)

\$150 for week 1; \$120 for week 2

\$35 per day (not including extended care)

A combination class covering: basketball, soccer, baseball, flag football, hockey, lacrosse, and other fun activities! A sport combination class in which your child will be instructed in 2 or more sports per day which include drills and games. Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Other fun activities are planned and all kids will enjoy themselves and feel good about playing sports and activities! Participants are grouped by age and ability to ensure a positive experience. Questions? E-mail Coach Scott scottdurzo@mac.com. \$5/ per hour extended care.

427011-01	Mon-Fri	12/19-12/23	7:30am-5:30pm	\$150/\$35 per day
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427011-01	Tue-Fri	12/27-12/30	7:30am-5:30pm	\$120/\$35 per day
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Art Studio – Drawing & Painting

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

Artists will develop a solid foundation of techniques in composition and a high level of art concepts including elements and principals, such as light and shadow, perspective and color, and design. Students will find confidence in drawing and an individual path for personal artistic expression. Class will also embrace master artists and art periods. \$25 material fee payable to instructor at first class meeting. No Class 10/13 & 11/24

426022-01	4 weeks	Thu	9/22-10/20	3:30-5:15pm	5-8 yrs	\$99
426022-02	4 weeks	Thu	11/3-12/1	3:30-5:15pm	5-8 yrs	\$99

Open Art Studio – Painting

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

Creating personal works of art, participants will choose a subject and learn the fundamentals toward sound composition. In this highly creative art class students will work from images, drawings, and designs of the imagination and are encouraged to explore any style and work in any medium. The instructor's commitment to personal artistic style and self-expression is supported with one-on-one attention, critiques, demonstrations, and references. \$30 material fee payable to instructor at first class meeting. No Class 10/13 & 11/24

426023-01	4 weeks	Thu	9/22-10/20	5:15-7:15pm	8-14 yrs	\$105
426023-02	4 weeks	Thu	11/3-12/1	5:15-7:15pm	8-14 yrs	\$105

Mad Science: Super Science Night

O.C. MAD SCIENCE

\$35/ additional siblings \$30 each*

Los Alamitos Community Center, 10911 Oak Street



Parents: Enjoy a night out and leave your kids with Mad Science! Your child will enjoy hands-on experiments, spectacular demonstrations and will make and take home a science activity! We will provide pizza dinner and a snack. All children must be potty trained. \$5 material fee payable upon signing child in for the evening. Limited space available, please register in advance.

Creepy Crawly Slimy Fun

427203-01	1 day	Sat	10/8	5:30-9:30pm	3-13 yrs	\$35*
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Winter Fest

427203-02	1 day	Sat	12/3	5:30-9:30pm	3-13 yrs	\$35*
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Engineering Fundamentals

Play-Well TEKologies Staff

Marina Community Center- Large Room, 151 Marina Dr.

Learn how to design and build motorized machines, houses, pyramids, bridges, catapults, buildings, and other constructions with LEGO. Experienced students will be given new projects.

413051-01	8 weeks	Fri	9/9-10/28	3-4:30pm	7-12 yrs	\$144
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Beginning Guitar

Jim Fagen
Los Alamitos Community Center
10911 Oak Street

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too!

46670-01	6 weeks	Thu	9/8-10/13	5:30-6:30pm	9+ yrs	\$74
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Fashion Sketching 1



Claudia Hindu
Fire Station 48- Community Room
3131 Beverly Manor Road

Claudia Hindu teaches students to develop their own style of fashion illustration with pencil and markers. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. No prerequisite required. \$20 material fee payable to instructor at first class meeting.

412032-01	5 weeks	Tue	9/27-10/25	5:30-6:30pm	11+ yrs	\$54
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Fashion Sketching 2



Claudia Hindu
Fire Station 48- Community Room
3131 Beverly Manor Road

Claudia Hindu teaches sketching techniques with the latest fashions using mixed media such as colored markers and watercolor while expressing creative thinking. Prerequisite: Fashion Sketching 1 required. \$20 material fee payable to instructor at first class meeting.

412033-01	5 weeks	Tue	11/8-12/6	5:30-6:30pm	11+ yrs	\$54
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Video Game Design 101

Kiddie Techie Enrichment Staff
Marina Community Center- Small Room
151 Marina Dr.

Design, build and take-home your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object oriented programming. \$20 material fee payable to instructor at first class. No Class 10/31

423190-01	9 weeks	Mon	9/12-11/7	3:30-5pm	9-13 yrs	\$199
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Mini-Gym

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. \$10 material fee due to instructor first class. No Class 11/15 & 11/22

411031-01	6 weeks	Tue	9/13-10/18	3-3:30pm	2.5-4 yrs	\$54
411031-02	6 weeks	Tue	10/25-12/13	3-3:30pm	2.5-4 yrs	\$54

Pre-School Gymnastics

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! \$10 material fee due to instructor first class. No Class 11/15 & 11/22

411032-01	6 weeks	Tue	9/13-10/18	3:30-4pm	4-6 yrs	\$54
411032-02	6 weeks	Tue	10/25-12/13	3:30-4pm	4-6 yrs	\$54

Gymnastics Level 1

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! \$10 material fee due to instructor first class. No Class 11/15 & 11/22

411033-01	6 weeks	Tue	9/13-10/18	4-4:45pm	6-10 yrs	\$56
411033-02	6 weeks	Tue	10/25-12/13	4-4:45pm	6-10 yrs	\$56

Tiny Tappers!

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes and this class will focus on learning the fun rhythms & steps of tap. No Class 11/16 & 11/23

412026-01	6 weeks	Wed	9/14-10/19	2:30-3pm	3-5 yrs	\$54
412026-02	6 weeks	Wed	10/26-12/14	2:30-3pm	3-5 yrs	\$54





Petit Ballerina

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 11/17 & 11/24

411030-01	6 weeks	Thu	9/15-10/20	5:15-5:45pm	2.5-4 yrs	\$54
411030-02	6 weeks	Thu	10/27-12/15	5:15-5:45pm	2.5-4 yrs	\$54

Pretty Princess Pre-Ballet

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! No Class 11/17 & 11/24

442033-01	6 weeks	Thu	9/15-10/20	3-3:45pm	4-7 yrs	\$56
442033-02	6 weeks	Thu	10/27-12/15	3-3:45pm	4-7 yrs	\$56

Baby Ballet

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers. No Class 11/17 & 11/24

442032-01	6 weeks	Thu	9/15-10/20	9-9:30am	2-4 yrs	\$54
442032-02	6 weeks	Thu	10/27-12/15	9-9:30am	2-4 yrs	\$54

Pre-Ballet & Tap

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required. No Class 11/16 & 11/23

412024-01	6 weeks	Wed	9/14-10/19	2-2:30pm	3-4 yrs	\$54
412024-02	6 weeks	Wed	10/26-12/14	2-2:30pm	3-4 yrs	\$54

Ballet/ Tap Combo

Anne Pennypacker
Marina Community Center
Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. No Class 11/16 & 11/23

422021-01	6 weeks	Wed	9/14-10/19	3-3:45pm	5-8 yrs	\$56
422021-02	6 weeks	Wed	10/26-12/14	3-3:45pm	5-8 yrs	\$56

Musical Theatre Stars

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, and etc. Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 11/16 & 11/23

422024-01	6 weeks	Wed	9/14-10/19	3:45-4:30pm	5-12 yrs	\$56
422024-02	6 weeks	Wed	10/26-12/14	3:45-4:30pm	5-12 yrs	\$56

Totally Tap

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.



An in-depth tap class, exploring the various styles & steps of tap. Please make sure tap shoes fit snug enough as dancers will be on toes, and cannot properly learn if heel slips out. No Class 11/17 & 11/24

411034-01	6 weeks	Thu	9/15-10/20	3:45-4:30pm	5-10 yrs	\$56
411034-02	6 weeks	Thu	10/27-12/15	3:45-4:30pm	5-10 yrs	\$56

Hip Hop

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 11/17 & 11/24

442034-01	6 weeks	Thu	9/15-10/20	4:30-5:15pm	5-12 yrs	\$56
442034-02	6 weeks	Thu	10/27-12/15	4:30-5:15pm	5-12 yrs	\$56

Miss Anne's Pizza Party

Anne Pennypacker
North Seal Beach Center
3333 Saint Cloud Dr.

Let's rock around the Christmas tree with some groovy dance moves this holiday season! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor- cash only.

442037-01	1 Day	Sat	12/10	5-7pm	4+ yrs	\$10
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Intermediate Ballroom

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Geared towards students with some basic dance experience, Ballroom Intermediate is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 10/31, 11/14, 11/21

444021-01 6 weeks Mon 9/12-10/17 8:30-9:30pm 18+ yrs \$65

444021-02 6 weeks Mon 10/24-12/19 8:30-9:30pm 18+ yrs \$65

Argentine Tango

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milongueo, milonguera" within! No Class 11/15 & 11/22

Level 2

442038-01 5 weeks Tue 9/13-10/11 7:30-8:30pm 18+ yrs \$55

Level 1

442038-02 5 weeks Tue 9/13-10/11 8:30-9:30pm 18+ yrs \$55

Level 2

442038-03 5 weeks Tue 10/25-12/6 7:30-8:30pm 18+ yrs \$55

Level 1

442038-04 5 weeks Tue 10/25-12/6 8:30-9:30pm 18+ yrs \$55

Jacki Sorensen's Fitness/Dance Class

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. No Class 11/24

442030-01 14 weeks Tue & Thu 9/6-12/8 4:30-5:30pm 16+ yrs \$137

Line Dancing

Anne Pennypacker

Marina Community Center, 151 Marina Dr.

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambo I, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun! No Class 11/16 & 11/23

442027-01 6 weeks Wed 9/14-10/19 6:30-7:15pm 18+ yrs \$65

442027-02 5 weeks Wed 10/26-12/7 6:30-7:15pm 18+ yrs \$55

Adult Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! No Class 11/16 & 11/23

442028-01 6 weeks Wed 9/14-10/19 7:15-8:15pm 18+ yrs \$65

442028-02 5 weeks Wed 10/26-12/7 7:15-8:15pm 18+ yrs \$55

West Coast Swing

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

With its roots in Lindy Hop, West Coast Swing is a slotted style of swing with a "bluesy" rock-n-roll vibe. Learn basic steps & add some flair of your own!

444022-01 6 weeks Wed 9/14-10/19 8:15-9:15pm 18+ yrs \$65

Salsa & Merengue

Anne Pennypacker

Marina Community Center- Large Room

151 Marina Dr.

Let's burn up the dance floor! Join me in the sizzling steps of Salsa & Merengue! No Class 11/16 & 11/23

442023-01 5 weeks Wed 10/26-12/7 8:15-9:15pm 18+ yrs \$55

Adult Tap

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. No Class 11/17 & 11/24

442026-01 6 weeks Thu 9/15-10/20 7:15-8pm 18+ yrs \$65

442026-02 6 weeks Thu 10/27-12/15 7:15-8pm 18+ yrs \$65

Adult Ballet/Jazz

Anne Pennypacker

Marina Community Center- Large Room

151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. No Class 11/17 & 11/24

442040-01 6 weeks Thu 9/15-10/20 8-9pm 18+ yrs \$65

442040-02 6 weeks Thu 10/27-12/15 8-9pm 18+ yrs \$65

Ballroom & Latin Dance

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr.

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! Partners not needed!

442024-01 1 Day Sat 10/22 7:30-9:30pm 18+ yrs \$22

Needlecrafts

Polly Womack

Los Alamitos Community Center, 10911 Oak Street

Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, Whitework, Blackwork, Battenberg Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with! Students may choose their own projects.

446059-01 7 weeks Wed 9/7-10/19 1-3:30pm 16+ yrs \$40

446059-02 7 weeks Wed 10/26-12/7 1-3:30pm 16+ yrs \$40



Dog Obedience

Marie Charpentier
Laurel Park
10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$5 insurance/ awards fee to first meeting. First meeting is an orientation, to be held WITH-OUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Karella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.



466040-01	8 weeks	Thu	9/22-11/10	6:30-7:30pm	9+ yrs	\$79
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Beg Art for 50+ Adults

Claudia Hindu
Seal Beach Senior Center
707 Electric Ave.



Students will be taught drawing fundamentals, including contour drawing, perspective, shading, proportion and still life rendering. Mixed media will be used. No prerequisite required. \$5 material fee payable to instructor at first class meeting.

412034-01	5 weeks	Mon	9/26-10/24	8-9am	50+ yrs	\$45
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Improving PC Performance

Bob Cohen
Los Alamitos Community Center
10911 Oak Street

Speed up your personal computer and keep it free of spyware, virus software, old files and applications that can slow it down. Students will learn valuable tips and techniques to solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

446034-01	1 day	Thu	11/10	6:30-9:30pm	18+ yrs	\$38
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iPhones®, iPads®, iTunes®

Bob Cohen
Los Alamitos Community Center
10911 Oak Street

There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. \$20 supply fee payable to instructor.

446035-01	1 day	Wed	11/30	6:30-9:30pm	18+ yrs	\$38
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Intro to Digital Photography

Roy Boorman
LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Enter the exciting world of digital photography. If you are considering the purchase of a digital camera or just purchased one, this course is for you. We will discuss cameras, printers, image editing, scanning and archiving. Learn basic image editing, e-mailing and printing photos. Handouts explaining pertinent points will be given out. \$5 materials fee payable at first class.

446050-01	2 weeks	Wed	9/28-10/5	7-9:30pm	18+ yrs	\$50
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Intermediate Digital Photography

Roy Boorman
LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Take digital photography to a new level. Learn how to create good photos using the power of Adobe Photoshop Elements. We will demystify the many features and terms used by your camera, manipulate people in group pictures, create panoramas, scan and restore photos and more. Handouts explaining pertinent points will be given out. \$5 supply fee paid to instructor at class.

446051-01	2 weeks	Wed	10/12-10/19	7-9:30pm	18+ yrs	\$50
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Better Pictures from your Digital Camera

Roy Boorman
LB Rec & Marine Admin Building, 2760 Studebaker Rd.

We will explore 27 ways to get better photos from your digital camera. Ways will include composition, your camera's controls, lighting, color, when to shoot, workflow and some of the pitfalls to better photography. This is an advanced class, particularly for DSLR's. A \$5 dollar material fee is payable to the instructor at the first class.

446052-01	2 weeks	Wed	10/26-11/2	7-9:30pm	18+ yrs	\$50
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First Aid, CPR, & AED Training and Certification

Erik Berg
Fire Station 48- Community Room
3131 Beverly Manor Road



These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive two cards; one from the American Safety and Health Institute and a card from Medic First Aid. Optional \$12 book fee payable to instructor at first class meeting.

446031-01	1 day	Sat	9/17	8am-5pm	16+ yrs	\$50
446031-02	1 day	Sat	10/15	8am-5pm	16+ yrs	\$50
446031-03	1 day	Sat	11/5	8am-5pm	16+ yrs	\$50

Hatha Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/8

442070-01	11 weeks	Tue	9/13-11/29	5:30-6:45pm	18+ yrs	\$85
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Jazzercise

Mary Jo Fouche

Marina Community Center- Large Room, 151 Marina Dr.

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat.

442042-01	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	9/13-10/22	13+ yrs	\$70
442042-02	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	10/25-12/3	13+ yrs	\$70

Jazzercise Lite- NSBC

Mary Jo Fouche

North Seal Beach Center

3333 Saint Cloud Dr.

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat.

442044-01	6 weeks	Mon & Wed	9/12-10/19	6-7pm	13+ yrs	\$50
442044-02	6 weeks	Mon & Wed	10/24-11/30	6-7pm	13+ yrs	\$50

Beginning Pilates

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

Geared for the new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. Continuing program, must attend 1st session to register for the second session. There will be 4 sessions that consist of 5 classes a session before moving up to the Intermediate level. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend all 20 classes. To see if you are a good fit for this beginner's class please call Patricia at (562) 366-4381. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

442072-01	5 weeks	Fri	9/9-10/21	2:30-3:30pm	18+ yrs	\$52
442072-02	4 weeks	Fri	10/28-11/18	2:30-3:30pm	18+ yrs	\$42
442072-03	2 weeks	Fri	12/9-12/16	2:30-3:30pm	18+ yrs	\$22

Intermediate Pilates

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 9/19, 12/12

442069-01	5 weeks	Mon	9/12-10/17	11:30am-12:30pm	18+ yrs	\$52
442069-02	5 weeks	Mon	10/24-11/21	11:30am-12:30pm	18+ yrs	\$52
442069-03	3 weeks	Mon	11/28-12/19	11:30am-12:30pm	18+ yrs	\$32

Advanced Pilates

Patricia Griswold

Seal Beach Senior Center

707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of Pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met. No Class 9/16, 9/23 & 11/25

442071-01	5 weeks	Fri	9/9-10/21	1:15-2:15pm	18+ yrs	\$52
442071-02	4 weeks	Fri	10/28-11/18	1:15-2:15pm	18+ yrs	\$42
442071-03	2 weeks	Fri	12/9-12/16	1:15-2:15pm	18+ yrs	\$22



PIYO (Pilates/ Yoga)

Patricia McKane

Fire Station 48- Community Room, 3131 Beverly Manor Road

PiYo is a fusion of Pilates and Yoga. You will enjoy the benefits of training the core (abdominals, trunk and back) by employing the rigors of the Pilates method. Then a series of Hatha Yoga poses emphasizing breath for a total mind, body fitness experience. Wear loose, comfortable clothing and bring a sticky mat and/or beach towel.

442078-01	6 weeks	Tue	9/13-10/18	6:45-8pm	15+ yrs	\$50
442078-02	7 weeks	Tue	10/25-12/6	6:45-8pm	15+ yrs	\$58



Beginning Tai Chi Chih

Suzanne Roady- Ross

Marina Community Center- Small Room, 151 Marina Dr.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

442073-01	5 weeks	Mon	10/3-10/31	6:40-7:40pm	12+ yrs	\$40
442073-02	5 weeks	Mon	11/7-12/5	6:40-7:40pm	12+ yrs	\$40



Intermediate Tai Chi Chih

Suzanne Roady- Ross

Marina Community Center- Small Room, 151 Marina Dr.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within and thereby promoting wellness.

442077-01	5 weeks	Mon	10/3-10/31	5:30-6:30pm	12+ yrs	\$40
442077-02	5 weeks	Mon	11/7-12/5	5:30-6:30pm	12+ yrs	\$40

Intro to Stand Up Paddling

Korey Huckaby

Alamitos Bay, 5411 E. Ocean Blvd.

Emphasis on the recreational fitness advantage of a sport which is like a pilates core workout. Get flexible and fit, flatten your stomach, and burn fat all while observing marine life and being on your own boat. Yes, you can now literally walk on water! For more information, visit Standuprentals.net.

444014-01	1 day	Sat	9/17	9-10:30am		\$26
444014-02	1 day	Sat	10/15	9-10:30am		\$26

Aikido

Steve Wasserman

North Seal Beach Center, 3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is optional (\$30-\$60). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion.

442050-01 12 weeks Mon & Wed 9/5-11/30 7:30-9:30pm 18+ yrs \$75

BeachFit Moms

Annika Turner/ Laura Adams

Seal Beach Pier

Main Street and Ocean



Join Seal Beach's new BeachFit Moms Program, taught by Beach Fitness PT/Pilates Instructors. BeachFit Moms gives pregnant women & moms the opportunity to workout in an environment that promotes healthy living for them and their children. BeachFit Moms was created with the idea of getting REAL results by looking at 5 major components of health and fitness (Strength, Endurance, Flexibility, Diet/ Nutrition and Mind/Body relationship), combined you will learn how to live more fit and healthy. Sign up for both sessions for \$250! No Class 11/22 & 11/24

442063-01 6 weeks Tue & Thu 9/6-10/13 9:30-10:30am 18+ yrs \$150

442063-02 6 weeks Tue & Thu 10/18-12/1 9:30-10:30am 18+ yrs \$150

Beach Boot Camp

Bryce Turner

Seal Beach- 10th St.

10th St @ Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your entire body with this intense workout. Caution: This workout contains cardio and strength training. No Class 11/26

442062-01 6 weeks Sat 9/10-10/15 8-9am 12+ yrs \$62

442062-02 6 weeks Sat 9/10-10/15 9-10am 12+ yrs \$62

442062-03 6 weeks Sat 10/22-12/3 8-9am 12+ yrs \$62

442062-04 6 weeks Sat 10/22-12/3 9-10am 12+ yrs \$62



Open Gym Volleyball

Maria Fattal,

McGaugh Campus 1698 Bolsa Ave

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.



443060-01 Wed 9/7-12/7 7-9pm \$4

Basketball League

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or E-mail at Mlee@sealbeachca.gov.



Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or E-mail at Mlee@sealbeachca.gov.



Are You Interested in Public Beach Volleyball Courts in Seal Beach?

The City of Seal Beach is currently in the process of establishing rules for use of public beach volleyball courts within the city. The city would appreciate any feedback from residents that have concerns about volleyball and rules for public courts on the beach. A draft copy of rules can be picked up from the Community Services Office at 211 8th Street. If you have any questions or concerns please contact Tim Kelsey at (562) 431-2527 ext. 1341 or by email at tkelsey@sealbeachca.gov.

McGaugh Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Fall Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2
Saturday & Sunday	8am – 9am	Youth	16 swim pass: \$32

Private Swim Lessons

Please call the Community Services Department at (562) 431-2527 x1341 for more information.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus
1698 Bolsa Ave.

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. Call Recreation office for details. You will burn calories while improving endurance, flexibility and strength. No Class 10/5

444010-01 5 weeks Mon & Wed 9/12-10/12 5:30-6:30pm 18+ yrs \$55

444010-02 5 weeks Mon & Wed 10/17-11/16 5:30-6:30pm 18+ yrs \$55

444010-03 5 weeks Mon & Wed 11/21-12/21 5:30-6:30pm 18+ yrs \$55

Shallow Water Aerobics

Mindie Dafforn
McGaugh Campus, 1698 Bolsa Ave.

Looking for a new style of exercise? This is for you! It will help you slim down & shape up. A high energy workout designed to increase cardiovascular strength, tone as well as increase flexibility; the water resistance creates a workout twice as effective as land aerobics. All fitness levels will benefit. No prerequisite for swimming ability.

444011-01 5 weeks Tue & Thu 9/6-10/6 5:30-6:30pm 16+ yrs \$55

444011-02 5 weeks Tue & Thu 10/11-11/10 5:30-6:30pm 16+ yrs \$55

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

M&M Surf Camps

Michael Pless
Fee: 1 week/\$250; 1 Day/\$65
8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for 26 years and has 48 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your week preference on the registration form. Register through the Community Services Office and an instructor will contact you directly after paperwork is complete.

467061-01 1 week Mon-Sun *9/5-12/18 (weekly ongoing classes)
8am-12pm All Ages

M&M Surf – Private Lessons

Michael Pless
\$80/hr

Call (714) 846-7873 to schedule your private surf lesson.



Marina Park • 151 Marina Drive • (562) 431-2527 x:1307

Classes taught by Seal Beach Community Services Tennis Pro Instructor Manny Stamaria. Must bring your own tennis racquet to class. Minimum 3 sign-ups or class will be cancelled.

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE	PRICE	WEEKS
433020-03	Pee-Wee	Tuesday	9/13-10/18	3:00-3:30pm	5-7 yrs	\$50	6
433020-04			11/1-12/13	3:00-3:30pm	5-7 yrs	\$50	6
433021-03	Juniors		9/13-10/18	3:30-4:30pm	8-10 yrs	\$98	6
433021-04			11/1-12/13	3:30-4:30pm	8-10 yrs	\$98	6
433021-05			9/13-10/18	4:30-5:30pm	9-13 yrs	\$98	6
433021-06			11/1-12/13	4:30-5:30pm	9-13 yrs	\$98	6

Seal Beach Tennis Center • 3900 Lampson Ave • (562) 598-8624

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE/ LEVEL	PRICE	WEEKS
433020-01	Pee- Wee	Monday	9/12-10/17	3:00-3:30pm	5-7 yrs	\$50	6
433020-02			10/31-12/12	3:00-3:30pm	5-7 yrs	\$50	6
433021-01	Juniors		9/12-10/17	3:30-4:00pm	8-10 yrs	\$50	6
433021-02			10/31-12/12	3:30-4:00pm	8-10 yrs	\$50	6
433022-01	Adult- Beg	Tuesday	9/13-10/18	6:00-7:00pm	18+ yrs	\$98	6
433022-02			11/1-12/13	6:00-7:00pm	18+ yrs	\$98	6
433022-03	Adult- Int		9/13-10/18	7:00-8:30pm	18+ yrs	\$144	6
433022-04			11/1-12/13	7:00-8:30pm	18+ yrs	\$144	6
433020-05	Pee- Wee	Wednesday	9/14-10/19	3:00-3:30pm	5-7 yrs	\$50	6
433020-06			11/2-12/14	3:00-3:30pm	5-7 yrs	\$50	6
433021-07	Juniors		9/14-10/19	3:30-4:00pm	8-10 yrs	\$50	6
433021-08			11/2-12/14	3:30-4:00pm	8-10 yrs	\$50	6
433022-05	Adult- Beg		9/14-10/19	6:00-7:30pm	18+ yrs	\$144	6
433022-06			11/2-12/14	6:00-7:30pm	18+ yrs	\$144	6
433020-07	Pee- Wee	Thursday	9/15-10/20	3:00-3:30pm	5-7 yrs	\$50	6
433020-08			11/3-12/15	3:00-3:30pm	5-7 yrs	\$50	6
433020-09			9/15-10/20	3:30-4:00pm	5-7 yrs	\$50	6
433020-10			11/3-12/15	3:30-4:00pm	5-7 yrs	\$50	6
433021-09	Juniors		9/15-10/20	4:00-5:00pm	8-10 yrs	\$98	6
433021-10			11/3-12/15	4:00-5:00pm	8-10 yrs	\$98	6
433021-11			9/15-10/20	5:00-6:00pm	11-14 yrs	\$98	6
433021-12			11/3-12/15	5:00-6:00pm	11-14 yrs	\$98	6
433022-07	Adult- Beg		9/15-10/20	6:00-7:00pm	18+ yrs	\$98	6
433022-08			11/3-12/15	6:00-7:00pm	18+ yrs	\$98	6
433022-09	Adult- Int		9/15-10/20	7:00-8:30pm	18+ yrs	\$144	6
433022-10			11/3-12/15	7:00-8:30pm	18+ yrs	\$144	6
433022-11	Adult- Beg/ Int	Saturday	9/17-10/15	4:00-5:30pm	18+ yrs	\$120	5
433022-12			11/5-12/10	4:00-5:30pm	18+ yrs	\$120	5

The City of Seal Beach Public Tennis Center

General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm
Saturday & Sunday 12:00pm- 5:30pm

Reservations:

General Public may reserve courts 4 days ahead of time (Monday call for Thursday)

Court Fees:

12:00pm- 5:00pm – \$10.00 per hour per court.
5:00pm- 9:30pm – \$12.00 per hour per court.
Seal Beach Residents save \$2.00 per hour per court.
Junior rates – \$5.00 per hour per court (17 & under).

The adult rate applies if junior and adult play together.

Ball Machine:

\$16.00 per hour. Member receives ½ off.

Full Service pro shop

24- Hour Racquet Stringing.

Club house available for rental, call (562) 598-8624.

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Interested in becoming a member? Call (562) 598-8624

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Senior Pinochle Club

Senior Center
707 Electric Ave.
Drop in – Tuesday 9 a.m. - 3p.m.

No Fee! Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialization.



Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

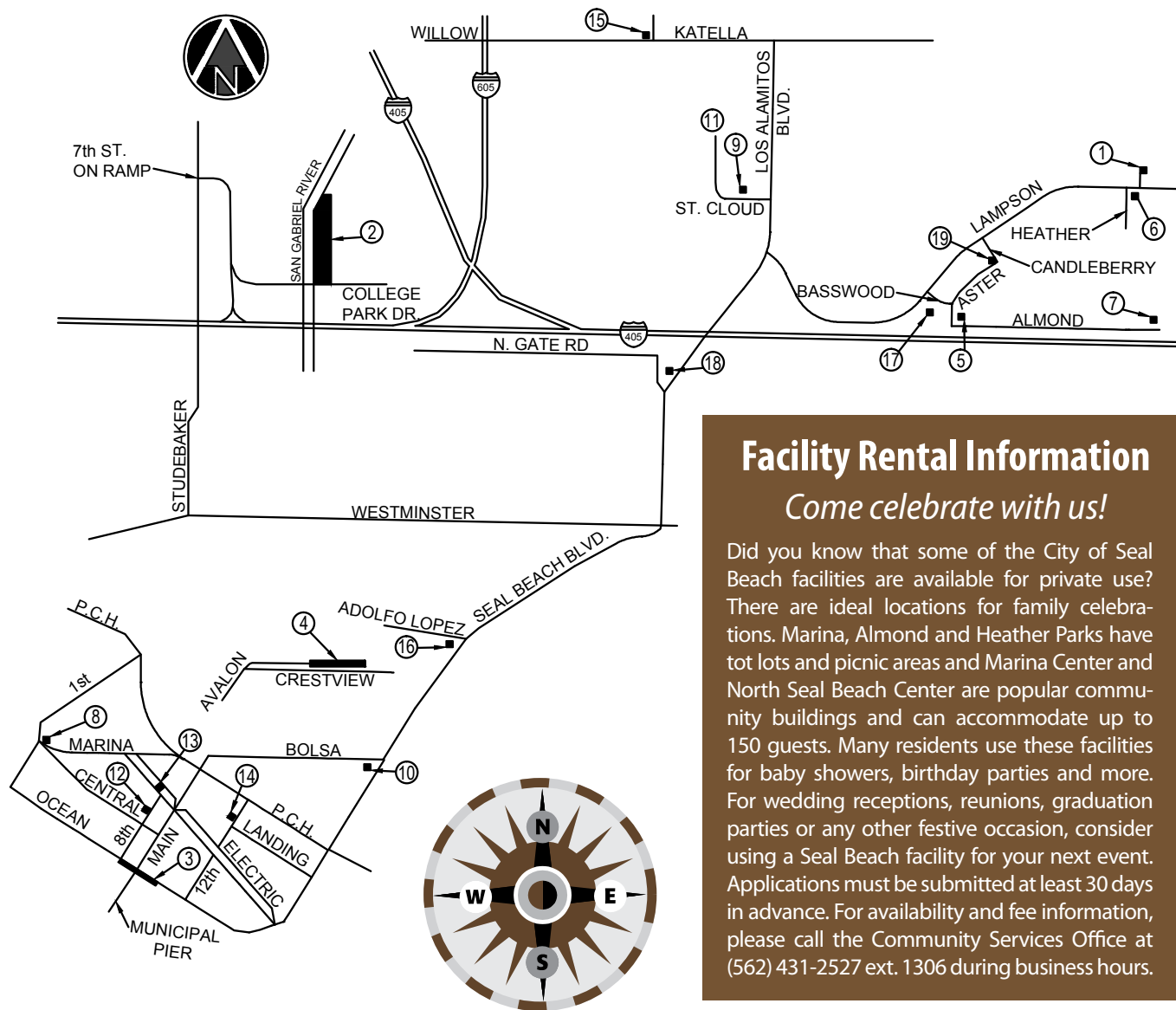
Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Driver Safety Program

Betty Adams
Seal Beach Senior Center, 707 Electric Ave.

Enroll in this innovative, interactive classroom-only driver retraining program designed to assist older persons improve driving skills. THIS IS NOT A DRIVING COURSE but includes information on: effects of aging & medications, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving, and accident prevention measures. You may receive an auto insurance discount by completing this course. Pre-Registration is required. Please call (562) 431-2527, ext 1344 to receive registration material by mail. The class that begins on October 6 is an 8- hour course offered on two consecutive Thursday mornings at the Seal Beach Senior Center from 9am-1pm. You must attend both four-hour classes to receive your certificate. Returning students may enroll in the 1 day renewal class on November 10. **The course fee is \$12 per person for AARP members and \$14 per person for non-members.** Please make checks payable to AARP.

456080-01	2 weeks	Thu	10/6-10/13	9am-1pm	50+ yrs
456080-02	1 day	Thu	11/10	9am-1pm	50+ yrs



Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? There are ideal locations for family celebrations. Marina, Almond and Heather Parks have tot lots and picnic areas and Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more. For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

- 1 **ARBOR PARK (DOG PARK)**
4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR
- 2 **EDISON PARK & GARDENS**
99 College Dr, in College Park West
Tot Lot, Basketball Court, Sand Volleyball, Softball Diamond, Public Gardens, PP
- 3 **EISENHOWER PARK**
Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier
- 4 **GUM GROVE NATURE PARK**
On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP
- 5 **(BB) BLUEBELL PARK**
Almond Ave & Bluebell St., in College Park East
Basketball Court, Play Field & Tot Lot (Lights)
- 6 **(HP) HEATHER PARK**
Heather St. & Lampson, in College Park East
Tennis Courts (Lights), Play Field, Tot Lot, PP
- 7 **ALMOND PARK**
4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts
- 8 **MARINA CENTER & PARK**
151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights),
Racquetball Courts (Lights), RR, PP
- 9 **NORTH SEAL BEACH CENTER (NSBC)**
3333 St. Cloud Dr.
Community Center, Daily Senior Meals, RR
- 10 **MCGAUGH GYMNASIUM,
POOL, TENNIS COURTS & FIELDS**
1698 Bolsa Ave. at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Courts, Play Fields, RR
- 11 **ROSSMOOR/LOS ALAMITOS LIBRARY**
- 12 **CITY HALL & RECREATION OFFICE**
211 8th St., 2nd floor in Old Town
- 13 **SENIOR CENTER AT MARY WILSON LIBRARY**
707 Electric Ave in Old Town, Senior Center Facility, Greenbelt, RR
- 14 **ZOETER SOFTBALL FACILITY**
12th Street & Landing Avenue, Premier Softball Diamond (Lights), RR
- 15 **LOS ALAMITOS COMMUNITY CENTER**
10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs
- 16 **SEAL BEACH POLICE**
Seal Beach Blvd, at Adolfo Lopez Drive. (562) 799-4100
- 17 **SEAL BEACH TENNIS CENTER**
Tennis Facility Located in Seal Beach on Lampson, just east of Seal Beach Blvd.
- 18 **FIRE STATION #48**
Community Room, located at 3131 N. Gate Road
- 19 **ASTER PARK**
Aster St. & Candleberry, in College Park East

3 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
 211 8th Street
 Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

Registration Begins
August 15, 2011

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

ON-SITE

On-site registration will NOT be accepted at the class.

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1307.

Community Services Department

City of Seal Beach

211 8th Street
 Seal Beach, CA 90740
 Office (562) 431-2527 ext. 1307
 Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
 (closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at dkukuruda@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1307 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

☐ Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
						TOTAL \$	

RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____

☐ CASH

☐ VISA  ☐ MASTERCARD 

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSR STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001

IMPROVING *your* COMMUTE

West County Connectors PROJECT



THANK YOU

**FOR YOUR PATIENCE DURING
WCC PROJECT CONSTRUCTION**

To get updates on the West County Connectors Project, visit octa.net/westcounty or call Christina Byrne at (714) 560-5717.

